



45km						
	Male	Name	Time	Female	Name	Time
1	14	Van Zyl Steenekamp	04:17:48	19	Max Visagie	06:09:30
2	1	Bruce Arnett	04:18:04	9	Christa Mouton	08:07:03
3	23	Mazu Ndandani	04:18:44			
4	22	Amos Hlatswayo	04:18:49			
5	4	Alan Coulter	05:21:04			
6	7	Stephen Glynn	06:03:24			
7	3	Mark Bilbrough	06:03:31			
8	8	Micheal Johannes Henning	06:29:20			
9	10	Wimpie Nortje	06:40:06			
10	5	De Wet de Beer	07:06:16			
11	18	Toine van Den Heever	07:06:21			
12	21	Walter Weidemann	07:18:45			
13	20	Werner Martin Weidemann	07:18:47			
14	15	Zane Strydom	07:21:25			
15	13	Christiaan Schultz	07:21:28			
16	17	Christo Truter	07:26:38			
17	16	Kerry Trentham	08:27:35			
18	6	Sean Delport	09:02:49			
19	12	Talbot Sadler	09:02:52			
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12km						
	Male	Name	Time	Female	Name	Time
1	408	Jason Botha	00:46:22	410	Magda Haasbroek	01:15:27
2	508	Martin Durieux	01:09:39	586	Ansonet Barnard	01:18:48
3	454	Conrad Schoeman	01:09:42	458	Mari-Lou van Niekerk	01:18:55
4	470	Owen Mokwala	01:09:53	550	Ana Marie Stone	01:21:22
5	417	John Mosito	01:10:46	402	Melinda Fryer	01:21:27
6	509	Willie Botha	01:13:40	468	Jane Nel	01:22:18
7	476	Tommy Fourie	01:14:02	490	Maureen Pretorius	01:22:29
8	594	Adriaan Erasmus	01:14:19	459	Zelda Grunwald	01:22:43
9	425	David du Toit	01:14:37	588	Ane vd Linde	01:22:51
10	405	Sean Tunmer	01:14:39	403	Lynne Kerr	01:25:16
11	546	Segale Molefe	01:15:25	593	Colleen Durr	01:25:19
12	523	Samuel Hodson	01:17:05	496	Michelle Steyn	01:26:12
13	444	Nico Steenekamp	01:17:25	524	Adele Oosthuizen	01:26:39
14	484	Igtwan Schutte	01:18:34	413	Heila Horn	01:28:25
15	587	Johan Pretorius	01:20:49	412	Rentia Engelbrecht	01:30:14
16	453	Waldig Strauss	01:21:46	414	Corlise van Staden	01:30:15
17	597	Lourens Barnard	01:21:49	492	Bonita Boshoff	01:30:17
18	426	Hannes Roos	01:21:56	553	Marelize Steyn	01:30:19
19	415	Lourens Oosthuizen	01:22:28	401	C Louw	01:30:25
20	456	Rob Dowdesdell	01:23:01	407	Christa Venter	01:30:29
21	420	Johan Bossou	01:24:00	478	Annalize Prinsloo	01:30:55
22	521	Werner Neethling	01:24:18	512	Zandre Dipenaar	01:31:13
23	455	Freddie van Staden	01:24:20	423	Sanet Heystek	01:32:28
24	437	Bertus Marais	01:25:22	540	Claudia vd Nest	01:33:09
25	497	Gordon Dwyer	01:25:30	525	Wilma Cave	01:33:23
26	493	Maurits Henning	01:27:58	585	Antoinet Borrageiro	01:33:58
27	482	Imran Ismail	01:28:22	477	Jeanette le Roux	01:35:16
28	528	Wentzel Dipenaar	01:28:39	495	Carin Jordaan	01:37:01
29	469	Poifo Molokwane	01:29:20	422	Andrea Nebel	01:38:50
30	463	Martin Herrmann	01:29:30	520	Brigitte Weidemann	01:39:03
31	421	Wynand Smith	01:29:57	522	Rochelle Weidemann	01:39:06
32	481	Jacques Boshoff	01:30:20	448	Estelle Smith	01:40:26
33	583	Koos vd Walt	01:30:22	406	Lizel Stieger	01:40:28
34	446	Hennie Terblanche	01:30:32	436	Elzanie Barnard	01:40:30
35	510	Wert Dipenaar	01:31:16	487	Sonja Zittlau	01:40:32
36	533	Zander Dipenaar	01:31:18	531	Nicola Woodhouse	01:40:36
37	485	Beyers Gerber	01:31:20	507	Meg McAuliffe	01:40:38
38	545	Braam Heystek	01:32:33	483	Lanie Matthee	01:42:38
39	466	Shane Macrae	01:33:32	539	Pikkie Snyman	01:42:42
40	431	Jimmy van Rooyen	01:34:19	534	Erika van Heerden	01:45:35
41	439	R Erasmus	01:38:40	462	Veronica van Rooyen	01:45:42
42	519	Willie van Heerden	01:45:33	447	Daleen Pretorius	01:47:15
43	535	Herman Visser	01:53:08	434	Connie Burger	01:49:03
44	532	Wiehan Dipenaar	01:53:13	479	Adri Prinsloo	01:50:25
45	472	Johan Holscher	01:56:47	536	Amelia Lincoln	01:53:07
46	494	Klaus Drews	01:56:52	590	Monique van Straten	01:53:37
47	457	Jerry Mitchell	01:58:53	551	Beate Holscher	01:56:46
48	552	Armand Botes	02:05:40	409	Sigrun Hellwig-Drews	01:56:50
49	429	Jeff Angelo	02:40:26	584	Janine Mitchell	01:58:52



12km						
	Male	Name	Time	Female	Name	Time
50				582	Myra de Meyer	02:00:34
51				541	Debbie Hasset	02:00:38
52				430	Lorinda Botes	02:05:45
53				435	Petra Angela	02:40:30
54				433	Kytie Burger	02:44:41
55				480	Janine Rautenbach	02:44:45
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